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LETTERS TO THE EDITOR



(The Editor is not responsible for opinions expressed in this Department.)

PRESERVATION OF RUBBER GOODS

DEAR EDITOR: I have read of preserving rubber goods, such as catheters, gloves, etc., by packing in some solution, but I cannot recall what, nor can I find the article. Can any one inform me?
A. A.
Minnesota.

JOURNALS WANTED

DEAR EDITOR: I am anxious to secure a copy of the JOURNAL for March, 1912, to complete a file.
KATHERINE SULLIVAN.
612 St. Clair Avenue, Cleveland, O.

[Any one having this number of the JOURNAL to spare should communicate with Miss Sullivan before sending it.—Ed.]

JOURNALS ON HAND

DEAR EDITOR: I have the following numbers of the JOURNAL, all in good condition, and should like to sell them: volume x, 6-12, inclusive; vol. xi, complete; vol. xii, 10, 11, and two copies of 12; vol. xiii, two copies of 1.
Lake Morey, Fairlee, Vt.
JULIA P. SMITH.

CARE AND FEEDING OF BABIES

DEAR EDITOR: The article on "Care and Feeding of Babies" by Marion Balfour Chalmers in the March JOURNAL is wonderfully helpful, and to me is teeming with common-sense. Though a graduate of a well-known training school, my obstetrical work was almost altogether theoretical. I won the prize in my examinations, but my real experience was limited to one case. So, in a way, I have had to "work out my own salvation" on private duty. I too have had to study nature and follow its teachings. When a child cries, be it infant or not, I must investigate the cause and remove it if possible, and not leave the helpless piece of humanity to "cry it out." The mothering and coddling which are a baby's birthright do *not* spoil it. "The greatest of these is love."

KENTUCKY.

WIDER INFORMATION NEEDED OF STATE BOARD REQUIREMENTS

DEAR EDITOR: I wish to enter a plea for all the applicants who will enter training schools for nurses in the future, warning them in some way that unless they enter a training school which is recognized by the state board of examiners they will not be allowed to practise in some states as graduate nurses. I know that a great many nurses in the small hospitals do not know about state registra-

tion, and if they had heard of it, they do not realize the full importance of it. If they did, in due time the small hospitals would be compelled to either comply with the state laws or close the training school for want of pupil nurses, which would be only right, since they do not choose to consider their pupil nurses' future welfare. May I suggest that one way to accomplish this, would be for each state association to publish a notice in all the weekly and daily papers giving the names of the hospitals that are recognized by the state board, and stating what state registration means to nurses. I should be glad to hear the opinions of other nurses on this subject through the JOURNAL. "M. B."

Iowa.

HOW MOTHER'S MILK MAY BE INCREASED

DEAR EDITOR: I always read with interest anything pertaining to the welfare of babies. In a late issue of the AMERICAN JOURNAL OF NURSING an interesting writer says: "If every mother could be urged to nurse her baby during the first year, if nature's supply could be stimulated so that she could do so. . . ." I feel that I must add my mite to the discussion of the general welfare of babies.

Most mothers who have insufficient milk can increase the supply by drinking malted milk three or four times a day. I used three *heaping* teaspoonfuls in a glass of hot water an hour before meals. Coffee is very frequently the cause of the milk drying, though some mothers can use coffee without *apparently* injuring the milk supply. The quantity is not always affected by coffee, though the quality may be. I know one mother who did not give up her coffee but took malted milk and had quantities of milk. The baby either nursed or cried all the time until it was four months old. It was scarcely more than a skeleton when its grandmother discovered it was hungry. They gave it the malted milk direct after that, and it grew fat and happy. Another baby came to the same mother in less than a year after weaning the first one; she gave up coffee and needed no malted milk to help nurse the second, and he thrived from the start.

Another cause of insufficient milk is acid fruit, etc. Even tomato and orange will cause a decrease in some mother's milk and the baby will go hungry.

Candy and sweets, especially chocolate, will increase the quality and quantity, and I am sure if it is properly explained to mothers they will give up coffee and nurse the baby if they really love it.

About the nipples of nursing mothers, I wish to say that cocoa butter will prevent any soreness, cracks, or fissures *if applied after each nursing* for two or three weeks.

V. C.

New Mexico.

THE FOREIGNER IN OUR WARDS

DEAR EDITOR: How many nurses have stopped to think of the helpless position of the many foreigners admitted to our wards, not knowing a word of English? Of how far short we fall from our standards of nursing in caring for these people because we do not speak their language and because we have not the patience to establish an elementary sign language which will be helpful to all? Of the mental anxiety of these poor creatures, who wonder what ails them, what the doctor thinks of them, and what the outlook is?

Have they ever stopped to imagine themselves in their places? Ill in a foreign land, often alone, not understanding a word,—not speaking enough to even